

Side effects of IV iron

- Changes in what you taste (eg metal taste in your mouth)
- Headache, feeling or being sick
- Muscle and joint pain
- Feel short of breath
- Feeling Itchy or a have a rash
- Change in blood pressure or pulse
- Redness, pain and swelling at injection site
- If your drip starts to hurt or If you feel any side effects, tell your nurse

Severe side effects are rare. You will be watched closely for any signs of these side effects by nursing staff.

When you get home if you have chest pain, you're struggling to breathe, feel dizzy or have neck/mouth swelling CALL 000 for an Ambulance

Central Coast Local Health District

IV Iron

Telephone Info line

📞 (02) 4320 3855

Medical Day Unit

Gosford Hospital

📞 Ph (02) 4320 9960

Ambulatory Care Unit

Wyong Hospital

📞 Ph (02) 4394 8111

🌐 www.cclhd.health.nsw.gov.au/ourservices/Pages/Ambulatory-Care-Units

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Intravenous Iron Infusions

Information for Patients



This leaflet answers some questions about IV iron infusions and does not take the place of talking to your doctor about why you need IV iron.



National Patient
Blood Management
Collaborative



Health
Central Coast
Local Health District

What is an IV iron infusion?

“Intravenous” or “IV” means giving something into the blood stream through a vein. A needle is put into a vein (in the back of the hand or arm). Then a mix of iron and saline (salt water) is slowly “dripped” (infused) into the vein and mixes with the blood in your body.

Why do we need iron?

Iron helps your body make red blood cells which carry Oxygen around your body. If you have low iron levels you may feel weak and lack energy.

Why might I need IV iron?

The best way to treat low blood iron levels is to take iron as a tablet or liquid. This works well for most people and is usually tried first.

You may need IV iron if you:

- Cannot take iron tablets
- Are unable to absorb iron through the gut
- Are about to have major surgery and your iron levels are low
- Find the iron tablets do not work
- Have kidney or heart problems

Before IV iron

Tell your doctor if you:

- Are having a baby or trying to get pregnant
- Have had asthma, eczema or other allergies
- Have had problems with any type of iron injection or infusion in the past
- Have ever had high iron levels
- Are on any medications (don't forget the supermarket or herbal medications)

On the day of IV iron

- Eat your breakfast / lunch. It is OK to eat and drink before IV iron
- Take all of your normal medications
- You can't drive home after IV Iron and do what you would normally do during the rest of the day (unless there is a problem)

After IV iron

Side effects can start 1 to 2 days after IV Iron such as headache, mild fever, joint and muscle aches. These will go away over the next few days. If you are worried call your doctor or the Medical Day Unit Gosford or Ambulatory Care Unit Wyong.

